

Sanford Biggers, *Transolitude*, 2008  
Transcript

**Tobi Ewing:** Hello there, my name is Tobi Ewing. I am a painter and textile artist deeply guided by divine beauty, imagination, and care. I will be guiding you through a meditation inspired by the work right in front of you, "Transolitude" by Stanford Biggers.

Close your eyes and take a deep, slow, steeping breath. Open your eyes and gently take in the piece. Slowly spread your gaze across the work starting in the top left corner, through the top center, over to the top right corner. Repeat this pattern similar to a wave, starting on the left side and sending your gaze slowly over to the right, coming into the left, and over to the right.

[music]

Continue this time at your own rhythm and visual guidance, whatever direction you will like. Bring your attention to the center of the work. Notice the two dancing shoes, or feet, or whatever it reminds you of, and consider how they connect to the waves, the water, the motion, and the texture that it surrounds. Take another breath here. Keep your gaze eye level and take a moment to sit with what grabs your attention.

[music]

Release the exercise and begin to return to the larger present environment. Thank you for your time.

[music]